



# MVHS DAILY BULLETIN

Wednesday, April 10 2024

## This Week's Schedule

Monday	Green Day - Regular Schedule
Tuesday	White Day - Advisory Schedule
Wednesday	Green Day - Regular Schedule
Thursday	White Day - Regular Schedule
Friday	Green Day - Regular Schedule

## MVHS Regular Schedule

Time	Period
8:00-9:25	1st/5th
9:30-10:55	2nd/6th
<b>11:00-11:30</b>	<b>Lunch A</b>
11:35-1:00	3rd/7th
11:00-12:25	3rd/7th
<b>12:30-1:00</b>	<b>Lunch B</b>
1:05-2:30	4th/8th

## IMPORTANT DATES

April Early Release Days: April 17th & 24th  
 MVHS Science Night: Thur, April 18, 5-8pm  
 Last Day of School: Friday, June 21

## UPCOMING ACTIVITIES & EVENTS

Thursday, April 11th  
 →Cap & Gown Distribution @ Lunch, Cafeteria  
 Saturday, April 13th  
 →LIA Dance, 7-10pm, Cafeteria

## SENIOR CORNER

**The We Are MV Scholarship** provides financial support to graduating seniors who have left a lasting legacy in their school or community and are pursuing post-secondary education. You can find a link to the application on Naviance. The deadline is **April 19th**

**If you have not done** so already, order your Cap & Gown today @ [JOSTENS](https://www.jostens.com).

### IMPORTANT DATES

**Cap & Gown Distribution:** Thurs, April 11th in the Cafeteria during lunches.  
**AVID Senior Night:** Thursday, May 16, MVHS  
**Scholarship & Awards Night:** Tues., June 4, 5-8pm  
**Senior Semester Finals:** June 6,7,10 & 11  
**Senior Yearbook Distribution:** Thurs. June 10th  
**Fines and Fees Due By:** Thursday, June 13, 3pm  
**Graduation:** Friday, June 14th, 10AM, Angel of the Winds Arena, Everett

## THE BULLDOG EXPRESS IS OPEN FOR BUSINESS!

**Monday, April 15th** the The Bulldog Express snack window will be open for business! Its cash only or money from your student account.

## MVHS SCIENCE NIGHT IS COMING UP!

**Thursday, April 18** from 5-8 pm! All events are FREE! We've got rocket launching, planetarium shows, demonstrations & experiments, college reps, business and organizations that use science and local food trucks so you can buy dinner! For more info check out our → [MVHS SCIENCE NIGHT WEBSITE](#)

## LOOKING FOR MVHS STUDENT SCIENCE NIGHT VOLUNTEERS

MVHS Science Night is **April 18, 2024 from 5-8 pm!** We have LOTS of volunteer opportunities available! If you are interested, check this week in your Science classes!

Would you like to be a photographer for MVHS Science Night 2024? Click here to learn how → [MVHS Science Night Photographers Needed](#)

## CINCO DE MAYO PARADE

On **Sunday, May 5th** from 5-6:30pm, MVHS's Latino in Action classes, the Lincoln Theatre, and the MV Downtown Association are hosting the first annual Cinco de Mayo parade in downtown MV! The parade will include our MVHS Mariachis Folkloricos group, bands, horses, floats & more. We are looking for entries cars floats, bands, and dance groups are encouraged to apply . No cost to enter. Apply Here→ [LIA CINCO DE MAYO PARADE APP](#)

## ATHLETIC DEPT NEWS

MVHS Schedule found here:

[TEAM EVENTS](#)

Purchase Bulldog spirit wear here:

[SPIRIT STORE](#)

## MVHS CLUBS

- ASL Club -Thursdays, 2:30-4pm, Shop 110
- Club Prism-Thursdays, 2:45pm, OM308
- Debate Team-Mon's/Tue's, 3:15-5:15pm, AB114
- DECA Club - Tuesdays, 2:45pm, NM120
- FBLA - Mondays at 2:35pm in NM221
- Fiber Arts Club - Thursdays, 2:45-4pm, CTE5
- Gaming Club - White Thurs's, NM120, 2:45-4pm
- K-Pop Club - Mondays, OM 214, After School
- Key Club- E.R. Wednesdays, 12:45-1:30, N206
- Korean Culture Club - Tuesdays, 2:35, OM308
- LUCHA - Thursdays, at 2:30, Cafetería
- Migrantes Unidos - Tuesdays, at 2:45, C&CC
- PIA - Thursdays, 2:45-4PM, OM 113
- Project Peace - Tuesdays, 2:30-3pm, CTE 1
- Robotics Team - Mon's & Fri's, 2:35-6pm, S110
- Skills USA- Thursdays, 2:35pm, NM220
- Slavic Club-Mondays, 2:30-4pm, NM120
- TSA Club - Thursdays, 2:45, CTE10

## IMPORTANT NUMBERS:

- Athletic Office: 360-428-6191**  
Sports Schedules and Event Information
- Attendance Office: 360-428-6153**  
Report Student Absence or Tardy
- College & Career Center: 360-428-6256**
- Counseling Office: 360-428-6156**  
Registration, Schedules, Transcripts, Running Start
- MVSD Student Health Services, 360-428-6151**
- Transportation: 360-428-6147**  
Bus and Schedule Information

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## USEFUL LINKS

[MVHS Website](#) [College & Career Center](#) [Music Department](#) [MVHS Counseling](#)

[Athletic Event Schedule](#) [Student Health Services](#) [MVHS Instagram](#)

[Student Health Services](#) [MVHS Facebook](#) [MVHSTV](#) [TEA WITH DR. V](#)

## THE ANNUAL MVHS FFA PLANT SALE

is back and BIGGER than ever before! We've got more plants growing, new additions, more metal art and TSA's woodshop engineers are building some cedar planter boxes and hanging baskets!

Save the date and see you there!



## THE 2024 TULIP RUN

is hosted by the Skagit Runners, a Mount Vernon based running club. They hosts three races a year to fundraise for [SKAGIT COUNTY HS STUDENT SCHOLARSHIPS](#) for local high schoolers that run, especially student athletes that participate in Cross Country and Track & Field. Join the all ages 2024 Tulip Run on **May 4th** at the Port of Skagit to support these scholarships by registering by April 19th here → [SV TULIP RUN](#)

## FROM THE COLLEGE AND CAREER CENTER

### [TRY-A-TRADE DAY](#)

Skagit Valley College is pleased to announce our annual Try-A-Trade day at our Mount Vernon Campus with reception at McIntyre Hall Performing Arts and Conference Center on **May 14th, 2024**. This event will feature hands-on demonstrations highlighting our professional technical programs. Permission slips are available in the C&CC. **Due back no later than 4/30**

### [NEW FIELD TRIPS](#)

Stop by to pick up a permission slip or to see what's available. Spots fill up quickly, so make sure to check the CC & C and your email often. That is how we are communicating with students regarding field trips.

### [UPCOMING C & CC FIELD TRIPS](#)

- 4/17 ■ Men of Color in Higher Ed Summit ■ Juniors/Seniors**  
Building community and Reimagining Modern Manhood. We are so excited to bring Carlos Andres Gomez to Skagit Valley College, for a keynote and workshop for Juniors and Seniors.
- 5/18 ■ Esperanza en Educacion ■ Juniors ■ @ UW ■ Slips due 5/3/24**  
One day conference at the UW for Hispanic and Latino HS juniors to learn about higher education, the UW admission process, and the Hispanic/Latino community on campus. Come pick up a permission slip in the College & Career Center today!
- 5/18 ■ Y.E.L.L. Conference ■ 9-12th ■ Highline College ■ Slips due 5/3/24**

[High School and Beyond Plan and Naviance.](#)

[MVHS COLLEGE & CAREER CENTER](#)

PHONE NUMBER: 360.428.6256



# April 2024

**Mount Vernon High School  
Special**  
*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr	2-Apr	3-Apr	4-Apr	5-Apr
8-Apr	9-Apr	10-Apr	11-Apr	12-Apr
Cheese Stuffed Breadsticks with Marinara Sauce	Mandarin Orange Chicken with Rice	Beefy Macaroni	Hot Ham and Cheese Sandwich	Chili Dog
Fruit Snacks	Fortune Cookies	Roll	Chips	Goldfish Cracker
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
15-Apr	16-Apr	17-Apr	18-Apr	19-Apr
Chicken Caesar Salad Wrap	Teriyaki Beef Dippers with Rice	Macaroni and Cheese	Baked Potato Bar with Chili & Cheese	Meatball Sub Sandwich
Treat	Fortune Cookies	Roll	Sour Cream & Butter	Chips
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
22-Apr	23-Apr	24-Apr	25-Apr	26-Apr
CornDog	Mandarin Orange Chicken with Egg Roll	<i>Breakfast for Lunch</i> Breakfast Sandwich	Cheese Quesadilla	Loaded Chili Fries
Chips	Fortune Cookie	Hash Brown Patty	Churro	with Cheese
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Dried Cherries	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	Fresh Vegetables	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk
29-Apr	30-Apr	1-May	2-May	3-May
Cheese Stuffed Breadsticks with Marinara Sauce	Teriyaki Beef Dippers with Rice	Chicken Alfredo	Mashed Potato Bowl w/ Popcorn Chicken	Chili Dog
Fruit Snacks	Fortune Cookies	Roll	Corn and Gravy	Goldfish Cracker
Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables	Fresh Fruit and Vegetables
1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk

<p><b>Meal Prices:</b></p> <p>Elementary Breakfast No Charge</p> <p>Elementary Lunch No Charge</p> <p>Adult Lunch \$5.00</p> <p>Side Milk unavailable</p>	<p><b>Each lunch comes complete with salad bar or fresh vegetable, choice of fresh fruit, &amp; milk</b></p> <p><b>Important News:</b> Mount Vernon School District changed our food program with the government due to our high level of poverty / free and reduced eligible students. The new program we operate under is called CEP or Community Eligibility Provision. This allows all enrolled students to eat at no charge and there is no more free and reduced applications.</p>	<p>This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call Cheyenne Walker, Food Services Director, at (360) 428-6149.</p>		
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**NONDISCRIMINATION**  
The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

**MISTAKES & ERRORS**  
The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.